

Delicious, Nourishing Dishes

for breakfast



for luncheon



for dinner





Build your meals around the rich goodness of whole wheat

Wheat has been called the most perfect food among the grains. Hidden in each golden kernel are five major food elements. Add these vital nutrients to your diet the delicious way by eating Nabisco Shredded Wheat. Each toasty brown biscuit contains . . .

Carbohydrates

Essential for abundant energy. Nabisco Shredded Wheat is 77% carbohydrate.

Proteins

Necessary for muscle and tissue building. Nabisco Shredded Wheat is over 10% protein.

Iron

Needed for the building of good red blood. There is 1 milligram of iron in each ounce (one biscuit) of Nabisco Shredded Wheat.

Phosphorus

Important in forming strong bones and teeth. Nabisco Shredded Wheat has an appreciable amount of phosphorus.

Vitamin B₁

Important in promoting an appetite. Nabisco Shredded Wheat is considered a good source of Vitamin B₁.

Each time you eat Nabisco Shredded Wheat, your diet is reinforced with these five valuable food elements. For Nabisco Shredded Wheat is sun-ripened whole wheat—steamed, shredded, baked.



NATIONAL BISCUIT COMPANY

*Delicious, nourishing dishes
for*

BREAKFAST • LUNCHEON • DINNER

BREAKFAST SUGGESTIONS

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The recipes in this book are practical and easy to follow. Not only will they help brighten menus but will add the rich, nutrient qualities of whole wheat, in its most delicious form, to the everyday diet of your family. For Nabisco Shredded Wheat contains all the food elements of whole wheat . . . proteins, carbohydrates, iron, phosphorus and Vitamin B₁.

Famous for more than a half century as a hearty nutritious breakfast cereal. Nabisco Shredded Wheat is a wonderful tasty ingredient for main luncheon and dinner dishes as well as for delicious desserts. It's a delicious whole wheat cereal you can serve dozens of different ways.

We hope you will find these tested recipes a help in serving interesting, wholesome meals.

NATIONAL BISCUIT COMPANY

Mary Ellen Baker
Director of Home Economics

BREAKFAST SUGGESTIONS



NABISCO FAMILY FAVORITE

The most popular way to serve Nabisco Shredded Wheat is just as it comes from the package plus sugar and cream. But when you want to tempt lagging appetites, try one of these variations.

QUICK AND EASY NABISCO BREAKFAST VARIATIONS

Crumbled ... crumble Nabisco Shredded Wheat; mix with melted butter or margarine and brown lightly under broiler. Serve with dab of jam or jelly and cream.

Hot ... put Nabisco Shredded Wheat in strainer; pour boiling water quickly over biscuits; drain immediately. Salt to taste and serve with cream and sugar.

With spiced milk ... add 1 teaspoon cinnamon and a half teaspoon sugar to a cup of top milk; heat and serve as a tasty treat on Nabisco Shredded Wheat.

Egg nog ... beat 1 egg; add 1 cup of milk, $\frac{1}{2}$ teaspoon cinnamon, $\frac{1}{8}$ teaspoon nutmeg; mix well and pour over Nabisco Shredded Wheat.

NEW TWISTS FOR A BREAKFAST FAVORITE

Place biscuits in cereal dish; surround with any seasonal fruit, cooked or fresh; add sugar and cream for a delicious, hearty breakfast. Nabisco Shredded Wheat is *the cereal* you can serve a *different* way every morning, it's a "cereal shelf" in itself!

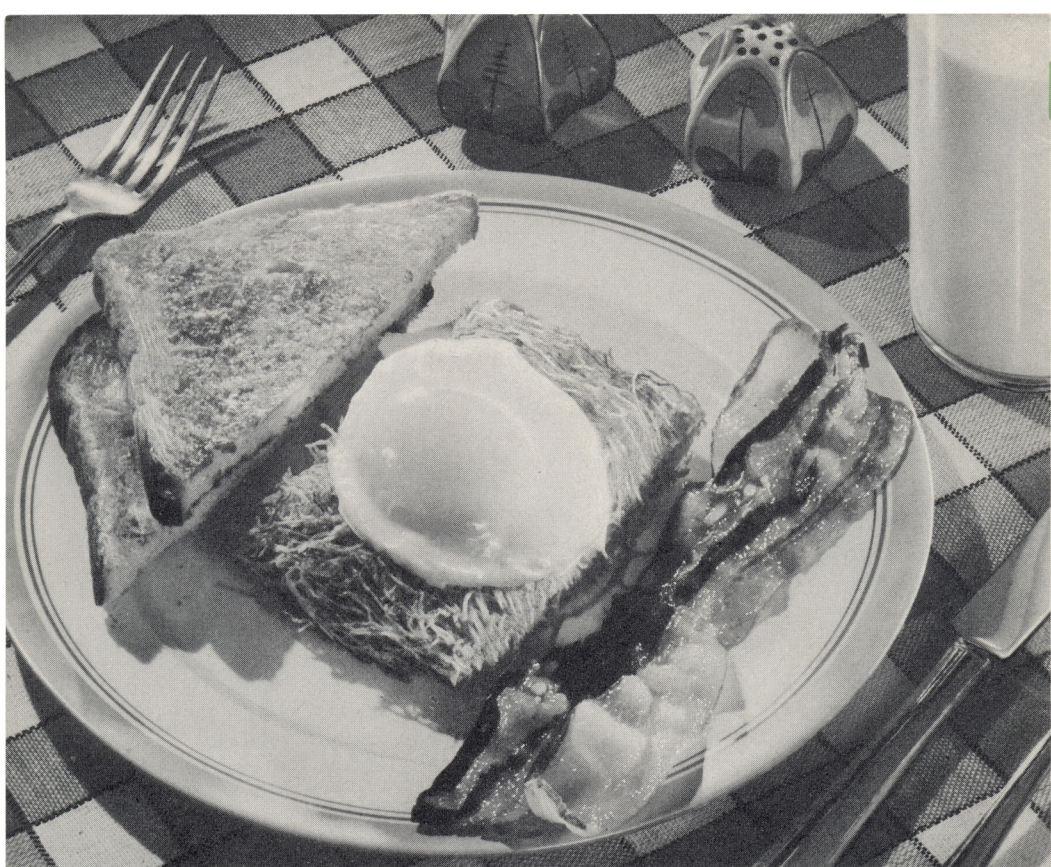
For Variety Try These Fruits

Bananas
Blueberries
Apple sauce
Stewed pears
Sliced pineapple

Strawberries
Blackberries
Stewed prunes
Stewed cherries
Stewed plums

Raspberries
Peaches
Stewed apricots
Stewed rhubarb
Stewed raisins





POACHED EGGS NABISCO

4 eggs

4 Nabisco Shredded Wheat biscuits

Poach eggs in hot salted water until whites are as firm as desired. Put Nabisco Shredded Wheat in strainer; pour boiling water quickly over biscuits; drain immediately. Place a hot biscuit on each individual plate; top with egg. Serves 4.

Ham'n Eggs Nabisco: Prepare Poached Eggs Nabisco as above but top each Nabisco Shredded Wheat biscuit with a thin slice of boiled or frizzled ham before placing eggs on biscuits. For luncheon, serve as a main dish with hollandaise or cheese sauce.

NABISCO SHIRRED EGGS

Butter an egg shirrer or custard cup; cover bottom with crumbled, buttered Nabisco Shredded Wheat. Break an egg into each; sprinkle with salt and pepper. Top with buttered Nabisco Shredded Wheat crumbs; dot with additional butter, if desired. Bake in moderate oven (350° F.) 15 - 20 minutes or until white is firm.

NABISCO SCRAMBLED EGGS

4 eggs
 $\frac{1}{4}$ cup top milk or cream
2 tablespoons butter or
margarine
2 tablespoons chili sauce

$\frac{1}{2}$ teaspoon salt
 $\frac{1}{8}$ teaspoon pepper
4 Nabisco Shredded Wheat
biscuits
4 teaspoons minced parsley

Beat eggs until yolks and whites are well mixed; stir in milk or cream. Melt butter or margarine in double boiler or chafing dish and add egg mixture; cook over boiling water, stirring cooked portion from bottom until eggs are creamy, but not stiff. Turn off heat; stir in chili sauce, salt and pepper. Put Nabisco Shredded Wheat into strainer; pour boiling water quickly over biscuits; drain immediately. Top with eggs; garnish with parsley. Serves 4.

FRENCH TOASTED NABISCO SHREDDED WHEAT

2 eggs
 $\frac{1}{3}$ cup milk

1 teaspoon salt
6 Nabisco Shredded Wheat biscuits

Combine eggs, milk, salt and beat well. Dip Nabisco Shredded Wheat biscuits quickly in egg mixture. Fry in small amount of fat until golden brown on both sides. Dot with butter and serve with syrup, jam, or honey. Serves 4 to 6.



NABISCO SHREDDED WHEAT MUFFINS

1 1/4 cups sifted flour
3 teaspoons baking powder
1 teaspoon salt
1/4 cup brown sugar,
firmly packed

4 Nabisco Shredded Wheat
biscuits, finely rolled
1 cup milk
1 egg, beaten
1/4 cup melted shortening

Sift together flour, baking powder and salt. Add sugar. Mix in rolled Nabisco Shredded Wheat. Combine milk, egg and shortening; add to flour mixture. Stir only until blended. Fill greased muffin pans 2/3 full and bake in hot oven (425° F.) 25 minutes. Makes 12 muffins.

NABISCO GRIDDLE CAKES

1 1/2 cups sifted flour
3 teaspoons baking powder
2 teaspoons sugar
1 teaspoon salt

1/4 cup shortening
3 Nabisco Shredded Wheat
biscuits, finely crumbled
2 eggs, beaten
2 cups milk

Sift together flour, baking powder, sugar and salt. Cut in shortening until fine as meal. Add Nabisco Shredded Wheat. Combine eggs and milk; pour over dry ingredients and mix only until dampened. Drop batter by spoonfuls, spreading thinly, on lightly greased hot griddle. When cakes puff and bubble, turn and brown. Serve hot with honey or syrup. Makes 14 large cakes.

NABISCO SHREDDED WHEAT GRUEL FOR BABIES

1 pint boiling water
1 Nabisco Shredded Wheat
biscuit, crumbled

1/2 pint milk
2 teaspoons granulated sugar
1/16 teaspoon salt

Into boiling water stir crushed Nabisco Shredded Wheat and cook slowly for 15 minutes. Remove from heat; add milk, sugar and salt. Stir and strain through fine cheesecloth. Cool and place in covered jar in a cold place until needed. At feeding time, pour the required amount into a feeding bottle and warm to 98° F.

Many babies who could not digest mother's milk or cow's milk have thrived on gruel made with Nabisco Shredded Wheat, because it is so nutritious and so easily digested. The method of preparing the gruel is given here, but baby's diet should not be changed excepting with the doctor's approval — even though the food is as pure and natural and good as Nabisco Shredded Wheat.

LUNCHEON TREATS



NABISCO CABBAGE ROLLS

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|--|----------------------------|
| 8 large cabbage leaves | 2 tablespoons fat |
| $\frac{2}{3}$ cup chopped green pepper | 3 Nabisco Shredded Wheat |
| $\frac{1}{4}$ cup chopped onion | biscuits, crumbled |
| $\frac{1}{4}$ cup chopped celery | Salt and pepper |
| 1 cup ground beef | $\frac{1}{3}$ cup water |
| (or left-over meat) | Tomato sauce or meat gravy |

Cook cabbage 5 minutes in a little water. Sauté vegetables and meat in fat 10 minutes. Combine meat mixture with Nabisco Shredded Wheat; season with salt and pepper. Spread $\frac{1}{8}$ mixture over each cabbage leaf. Roll leaf and fasten with toothpick. Place in covered casserole; add water. Bake in moderate oven (350° F.) 45 minutes. Serve with sauce or gravy. Serves 4.

NABISCO CAULIFLOWER SUPREME

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|--------------------------|---------------------------------|
| 1 small head cauliflower | 3 tablespoons butter or |
| 6 Nabisco Shredded Wheat | margarine |
| biscuits | $\frac{1}{3}$ cup grated cheese |

Break apart the cauliflower and cook in salted boiling water until tender. Hollow out centers of 6 Nabisco Shredded Wheat biscuits. Dot each with butter or margarine and toast in hot oven. When toasted, fill with cauliflower. Dot with butter or margarine and sprinkle with grated cheese. Place beneath broiler until cheese is melted and serve immediately. Serves 6.

NABISCO STUFFED EGGPLANT

1 eggplant
3 tablespoons chopped onion
1 cup ground meat
1 tablespoon fat
2 tablespoons minced parsley
1 teaspoon salt

$\frac{1}{2}$ teaspoon marjoram
4 Nabisco Shredded Wheat
biscuits, crumbled
2 slices NBC Enriched White
Bread, cubed
1 egg, beaten

Quarter or halve eggplant and cook 10 minutes in a little boiling, salted water. Scoop out pulp, leaving $\frac{1}{4}$ " rim around shell. Sauté onion and meat in fat until lightly browned. Add remaining ingredients to pulp and mix well. Fill shells. Bake in moderately hot oven (375° F.) 30 minutes. Serves 4.

NABISCO CELERY-MUSHROOM FAVORITE

2 cups chopped celery
2 tablespoons butter or
margarine
 $\frac{1}{2}$ teaspoon scraped onion
2 cups sliced mushrooms
4 tablespoons flour

4 tablespoons milk
2 cups stock or consommé
 $\frac{1}{4}$ teaspoon salt
 $\frac{1}{8}$ teaspoon pepper
4 Nabisco Shredded Wheat
biscuits

Cook celery in small amount of boiling, salted water until tender. Melt butter or margarine in frying pan; add onion and mushrooms. Sauté slowly. Moisten flour with milk and blend into mushroom mixture. Add cooked celery, stock or consommé, salt and pepper. Heat thoroughly. Crush tops of Nabisco Shredded Wheat biscuits; sprinkle each with 1 tablespoon hot water. Serve hot celery-mushroom mixture on biscuits. Serves 4.

NABISCO SWEET POTATO CASSEROLE

6 boiled medium sweet potatoes
3 medium oranges
Salt
 $\frac{1}{2}$ cup brown sugar, firmly-packed
 $\frac{1}{4}$ cup hot water

3 tablespoons melted butter or
margarine
2 Nabisco Shredded Wheat
biscuits, finely crumbled

Peel sweet potatoes; slice $\frac{1}{2}$ inch thick crosswise. Peel oranges; slice $\frac{1}{4}$ inch thick. Arrange alternate layers of oranges and potatoes in greased casserole, sprinkling each layer of potatoes with salt and $\frac{1}{4}$ cup brown sugar. Pour hot water and $\frac{1}{2}$ tablespoon butter or margarine over all. Mix Nabisco Shredded Wheat crumbs with remaining sugar and butter or margarine and sprinkle over top of casserole. Bake in moderately hot oven (375° F.) 40 minutes. Serves 6.



NABISCO DEVILED SEA FOOD

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|-----------------------------------|---|
| 2 tablespoons butter or margarine | 1 tablespoon lemon juice |
| 1 tablespoon flour | 1 teaspoon grated onion |
| 1 teaspoon salt | $\frac{1}{2}$ teaspoon Worcestershire sauce |
| $\frac{1}{2}$ teaspoon paprika | 2 cups flaked, cooked sea food |
| 2 cups top milk | 4 Nabisco Shredded Wheat |
| 2 egg yolks, slightly beaten | biscuits, finely crumbled |

Melt butter or margarine; blend in flour, salt and paprika. Add milk gradually; cook slowly, stirring constantly, until thickened. Remove from heat; stir in egg yolks, lemon juice, onion, Worcestershire, sea food and $\frac{1}{2}$ Nabisco Shredded Wheat crumbs. Pour into greased individual casseroles. Sprinkle remaining crumbs over top; bake in moderate oven (350° F.) 20 minutes. Serves 4 to 6.

NABISCO TUNA FISH PUFF

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|-------------------------------|-----------------------------------|
| 2 cups milk, scalded | $\frac{1}{4}$ teaspoon pepper |
| 4 Nabisco Shredded Wheat | 2 tablespoons butter or margarine |
| biscuits, finely rolled | 3 eggs, separated |
| 2 tablespoons chopped parsley | 1 tablespoon lemon juice |
| 2 tablespoons grated onion | 1 cup flaked tuna fish, 7 oz. can |
| $\frac{3}{4}$ teaspoon salt | 1 cup cooked peas |

Combine milk, Nabisco Shredded Wheat, parsley, onion, salt, pepper and butter or margarine. Cook 3 minutes over boiling water. Beat egg yolks. Remove mixture from heat; add to beaten egg yolks. Stir in lemon juice, tuna fish and peas. Beat egg whites stiff, but not dry. Fold into first mixture carefully. Pour into greased baking dish. Set in pan of hot water and bake in moderate oven (350° F.) about 1 hour. Serve plain or with mushroom sauce. Serves 4 to 6.

NABISCO SHRIMP LUNCHEON FAVORITE

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|-----------------------------------|-----------------------------------|
| 4 tablespoons butter or margarine | ½ teaspoon salt |
| 2 tablespoons minced onion | Dash of paprika |
| 3 tablespoons minced green pepper | 2½ cups cooked or canned shrimp |
| 4 tablespoons flour | 6 Nabisco Shredded Wheat biscuits |
| 2 cups milk | |

Melt butter or margarine; add onion and green pepper. Cook 5 minutes. Blend in flour; gradually add milk. Cook slowly, stirring constantly, until thickened. Add salt and paprika. Remove dark vein running down back of shrimp. Add shrimp to sauce. Simmer 5 minutes. Serve on oven-heated Nabisco Shredded Wheat. Serves 6.

NABISCO SPANISH EGGS

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| 1 garlic clove | 6 eggs |
| 1 large tomato | 1 teaspoon salt |
| 1 tablespoon butter or margarine | ¼ teaspoon pepper |
| 4 Nabisco Shredded Wheat biscuits | |

Rub cut garlic clove over inside of frying pan. Peel tomato and cut into small pieces. Heat butter or margarine in frying pan; add tomato and cook 5 minutes. Beat eggs and add to tomato. Add seasonings. Cook slowly, stirring constantly, until eggs are set, but creamy. Crush tops of Nabisco Shredded Wheat biscuits; sprinkle each with 1 tablespoon hot water. If desired, dot with butter or margarine. Top with eggs and serve piping hot. Serves 4 to 6.

NABISCO EGGS FOO YEUNG

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|--|--|
| 6 eggs | ½ teaspoon salt |
| ½ cup finely-diced, cooked ham or pork | 1 teaspoon soy sauce |
| ½ cup finely chopped onion | ¼ teaspoon pepper |
| ½ cup chopped peanuts | 3 Nabisco Shredded Wheat biscuits, finely rolled |
| 2 tablespoons fat | |

Beat eggs well. Add remaining ingredients except fat; mix well. Heat fat in frying pan; dip egg mixture into it with large spoon and shape into circles. Sauté slowly until golden brown; turn and brown on other side. Serve with soy or tomato sauce. Serves 4 to 6.

DINNER DISHES



NABISCO DELUXE MEAT LOAF

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|--|-------------------------------------|
| 3 Nabisco Shredded Wheat biscuits, finely crumbled | $\frac{1}{2}$ cup ground raw carrot |
| 1 lb. ground beef | $1\frac{1}{2}$ teaspoons salt |
| $\frac{1}{2}$ lb. sausage meat | 1 teaspoon Worcestershire |
| $\frac{1}{4}$ cup chopped onion | 1 egg, beaten |
| | $\frac{3}{4}$ cup milk |

Combine all ingredients and mix well. Press into greased loaf pan. Bake in moderate oven (350° F.) 1 hour. Serves 6 to 8.

NABISCO DINNER MEAT LOAF

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| 4 Nabisco Shredded Wheat biscuits, finely crumbled | $\frac{1}{3}$ cup coarsely grated onion |
| $1\frac{1}{4}$ cups milk | $\frac{1}{3}$ cup minced celery leaves |
| 1 egg | 3 tablespoons chopped green pepper |
| $\frac{1}{3}$ cup ketchup | 1 tablespoon salt |
| 1 lb. ground beef | $\frac{1}{2}$ teaspoon pepper |
| $\frac{1}{2}$ lb. ground pork | 2 teaspoons prepared horseradish |
| $\frac{1}{2}$ lb. ground veal | 3 hard-cooked eggs, shelled |

Place Nabisco Shredded Wheat in bowl; add milk and let stand 5 minutes. Add remaining ingredients, except hard-cooked eggs; mix well. Fill greased 9 x 5 x 3-inch loaf pan about $\frac{1}{3}$ full, and place whole hard-cooked eggs in row, lengthwise through center. Fill pan with remaining mixture and press firmly. Bake in moderate oven (350° F.) 1 hour and 20 minutes. Serves 8.



NABISCO STUFFED ROAST VEAL

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| 5 lb. leg or shoulder of veal | $\frac{1}{2}$ cup chopped celery |
| 4 Nabisco Shredded Wheat biscuits, crumbled | 3 tablespoons chopped parsley |
| $1\frac{1}{2}$ cups coarsely crumbled Premium Crackers | $\frac{3}{4}$ teaspoon salt |
| $\frac{1}{2}$ cup chopped onion | $\frac{3}{4}$ teaspoon thyme |
| | 6 tablespoons melted fat |
| | $\frac{1}{2}$ cup milk |

Have butcher remove bone from meat. Combine remaining ingredients and mix lightly until thoroughly blended. Stuff boned shoulder or leg of veal with Nabisco Shredded Wheat stuffing. Sew or skewer edges together. Roast in moderate oven (325° F.) about three hours, (35 minutes per pound). Serves 8 to 10.

NABISCO CREAMED BEEF

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|---|-----------------------------------|
| 1 lb. ground beef | $1\frac{1}{2}$ teaspoons salt |
| $\frac{1}{4}$ cup coarsely grated onion | 6 tablespoons flour |
| 3 tablespoons fat | 3 cups milk |
| $\frac{1}{2}$ teaspoon paprika | 1 teaspoon Worcestershire sauce |
| $\frac{1}{4}$ teaspoon pepper | 6 Nabisco Shredded Wheat biscuits |

Sauté beef and onion in fat until lightly browned; blend in seasonings and flour. Gradually add milk; cook slowly, stirring until thick. Add Worcestershire. Coarsely crush Nabisco Shredded Wheat; arrange on individual plates and top with creamed beef. Serves 6.

NABISCO SAVORY VEAL CUTLET

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|------------------------------------|--------------------------|
| 1½ lbs. veal cutlet (½-inch thick) | 1 tablespoon water |
| Salt and pepper | 3 Nabisco Shredded Wheat |
| 1 egg, beaten | biscuits, finely rolled |

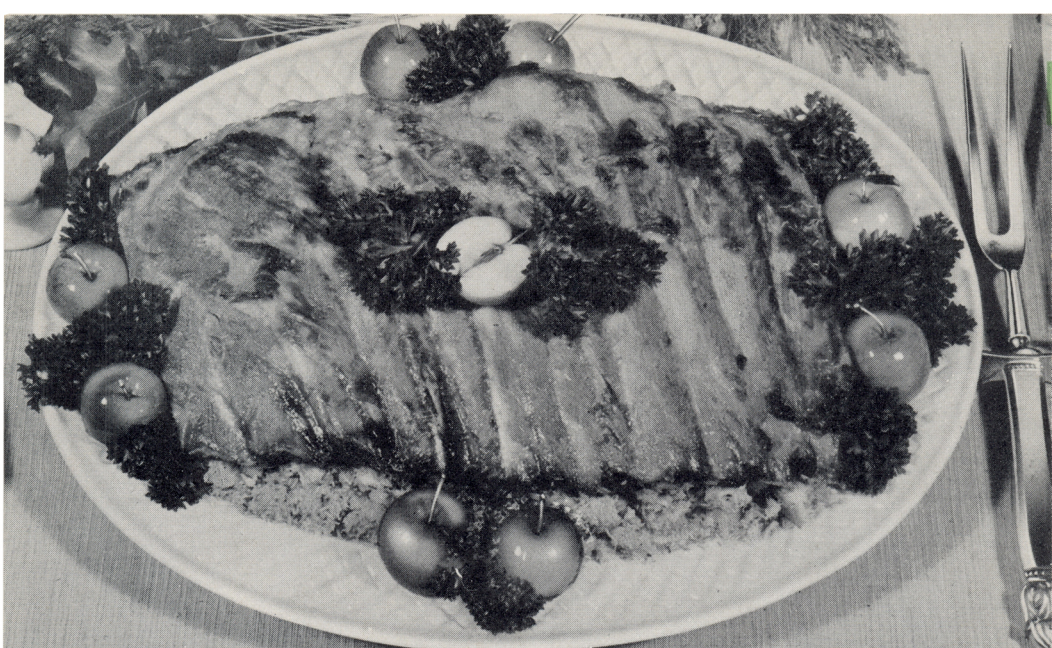
Cut veal in 4 pieces; season. Beat egg; add water. Roll veal in Nabisco Shredded Wheat crumbs; dip in egg mixture and roll again in crumbs. Sauté slowly in a little fat until tender and well browned (about ½ hour). Serve with tomato sauce, if desired. Serves 4.

NABISCO OVEN CROQUETTES

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|------------------------------|---------------------------------|
| 4 Nabisco Shredded Wheat | 1 cup drained corn |
| biscuits, finely rolled | 1 cup finely diced ham or other |
| 1 tablespoon melted fat | left-over meat |
| ½ cup mashed potatoes | 1 egg, beaten |
| 2 tablespoons finely chopped | 3 tablespoons milk |
| green pepper | ¾ teaspoon salt |
| 1 teaspoon grated onion | ¼ teaspoon pepper |
| 1 teaspoon prepared mustard | |

Mix ½ Nabisco Shredded Wheat crumbs with fat. Combine remaining crumbs with rest of ingredients; mix well. Shape into 6 cylinders; roll in remaining crumbs. Place in greased pan; bake in hot oven (400° F.) 40 minutes. Serve plain or with sauce. Serves 6.





NABISCO STUFFED SPARERIBS

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| 1 cup chopped onion | 3 cups chopped tart apple |
| 3 tablespoons fat | 1 cup chopped celery |
| 6 Nabisco Shredded Wheat biscuits, crumbled | 1 teaspoon salt |
| 3 cups soft NBC Enriched White Bread crumbs, (6 slices) | $\frac{1}{4}$ teaspoon pepper |
| | $2\frac{1}{2}$ tablespoons sugar |
| | $3\frac{1}{2}$ lbs. spareribs (1 or 2 sheets) |

Sauté onion in fat until tender. Mix with Nabisco Shredded Wheat crumbs, NBC Bread crumbs, apple, celery, salt, pepper and sugar. Sprinkle ribs with salt and pepper. Place stuffing on one sheet of spareribs and top with the second sheet. Sew together or tie, or make mound of stuffing and place one large sheet of ribs over stuffing. Bake in moderate oven (350° F.) $1\frac{1}{2}$ hours. Serves 6.

NABISCO MEAT BALLS

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|--|---|
| 1 lb. ground beef | $\frac{1}{4}$ teaspoon each mustard, paprika and pepper |
| 3 Nabisco Shredded Wheat biscuits, rolled fine | $1\frac{1}{4}$ teaspoons salt |
| 3 tablespoons chopped parsley | 1 egg, beaten |
| 3 tablespoons grated onion | $\frac{3}{4}$ cup milk |
| 1 small garlic clove, grated | $\frac{1}{2}$ cup light cream |

Combine beef, Nabisco Shredded Wheat, parsley, onion, garlic, seasonings, egg and milk; mix well. Shape into balls; roll in flour and brown in a little hot fat. Pour cream over meat balls; cover and simmer on top of range or bake in moderate oven (350° F.) 30 minutes. Serves 4 to 6.

NABISCO CURRIED LAMB

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|---------------------------------------|---|
| $\frac{1}{3}$ cup chopped onion | $\frac{1}{4}$ cup chopped celery leaves |
| 2 tablespoons fat | 2 cups hot meat stock or
consommé and water |
| $\frac{1}{4}$ cup flour | $1\frac{1}{2}$ cups cubed, cooked lamb |
| $1\frac{1}{2}$ teaspoons curry powder | 4 Nabisco Shredded Wheat
biscuits, coarsely crumbled |
| 1 teaspoon salt | |
| Dash of cayenne | |

Sauté onion in fat. Blend in flour, curry powder, salt, cayenne and celery leaves. Add meat stock; cook slowly, stirring, until thickened. Add lamb; heat. Serve on Nabisco Shredded Wheat. Serves 4.

NABISCO STUFFED FRANKFURTERS

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|---|--|
| $\frac{1}{2}$ cup chopped onion | $\frac{1}{4}$ teaspoon pepper |
| $\frac{1}{2}$ cup finely chopped celery | 5 Nabisco Shredded Wheat
biscuits |
| 14 frankfurters | $1\frac{1}{2}$ cups finely cubed NBC
Enriched White Bread |
| 3 tablespoons fat | $\frac{1}{2}$ cup hot water |
| 3 tablespoons chopped parsley | |
| $\frac{1}{4}$ teaspoon salt | |

Sauté onion, celery and 2 finely chopped frankfurters in fat until onion is tender. Remove from heat and add parsley, salt, pepper, Nabisco Shredded Wheat, NBC Bread and hot water; mix lightly. Split frankfurters almost through lengthwise. Heap generous amount of stuffing on cut surface of 6 frankfurters; top with remaining 6. Fasten with toothpicks or string. Place in large pan; cover and bake in moderate oven (350° F.) 35 minutes. Serves 6.



NABISCO HAM-POTATO PIE

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|--|---|
| 2 cups ground boiled ham
(1 lb.) | 3 Nabisco Shredded Wheat
biscuits, finely crumbled |
| 1 tablespoon chopped onion | $\frac{1}{2}$ cup grated carrot |
| $\frac{1}{4}$ cup chopped green pepper | $\frac{1}{2}$ cup grated apple |
| 2 cups seasoned mashed potatoes | |

Mix all ingredients except mashed potatoes. Line casserole with 2 3 of meat mixture. Fill center with mashed potatoes; cover with remaining meat mixture. Bake in moderate oven (350° F.) 1 hour. Unmold and cut in pie shaped wedges. Serves 6.

NABISCO CREAMED CHICKEN AND MUSHROOMS

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|--------------------------------------|-------------------------------|
| $\frac{1}{2}$ lb. mushrooms, sliced | $\frac{1}{4}$ teaspoon pepper |
| 4 tablespoons butter or
margarine | 1 pint chicken broth |
| 4 tablespoons flour | 1 cup cooked cubed chicken |
| 1 teaspoon salt | 12 cooked small onions |
| | 2 tablespoons cream |
| 6 Nabisco Shredded Wheat biscuits | |

Sauté mushrooms in butter or margarine. Blend in flour, salt and pepper. Gradually add chicken broth; cook, stirring constantly, until thick. Add chicken and onions. Stir in cream. Just before serving, lightly crush Nabisco Shredded Wheat; top with hot chicken mixture. Garnish with parsley or pickled fruit. Serves 6.

NABISCO CHICKEN TIMBALES

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|--------------------------------------|---|
| 2 cups milk | $\frac{1}{2}$ teaspoon pepper |
| 2 tablespoons butter or
margarine | 4 Nabisco Shredded Wheat
biscuits, rolled fine |
| 3 tablespoons chopped parsley | 3 eggs, separated |
| 2 tablespoons grated onion | 1 tablespoon lemon juice |
| 1 teaspoon salt | 2 cups chopped, cooked
chicken or other meat |

Combine milk, butter and seasonings in top of double boiler; stir in Nabisco Shredded Wheat. Cook over boiling water 3 minutes. Remove from heat. Beat egg yolks; add hot mixture. Stir in lemon juice and chicken. Beat egg whites stiff; fold in. Pour into greased custard cups. Place in pan of hot water and bake in moderate oven (350° F.) 45 minutes. Turn out and serve with hot gravy or mushroom sauce. Serves 4 to 6.

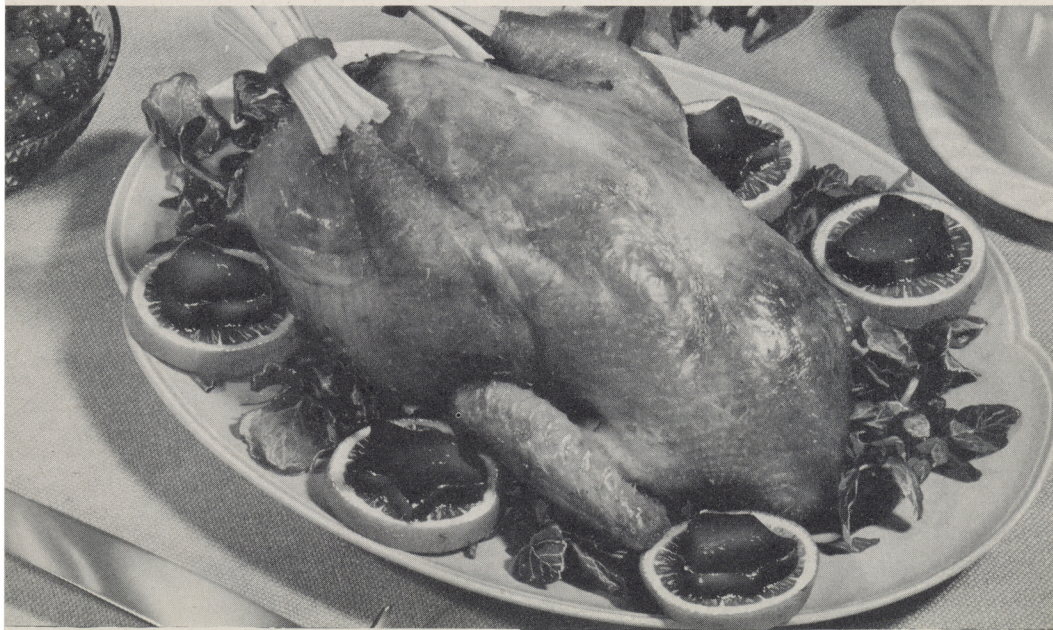
NABISCO STUFFING

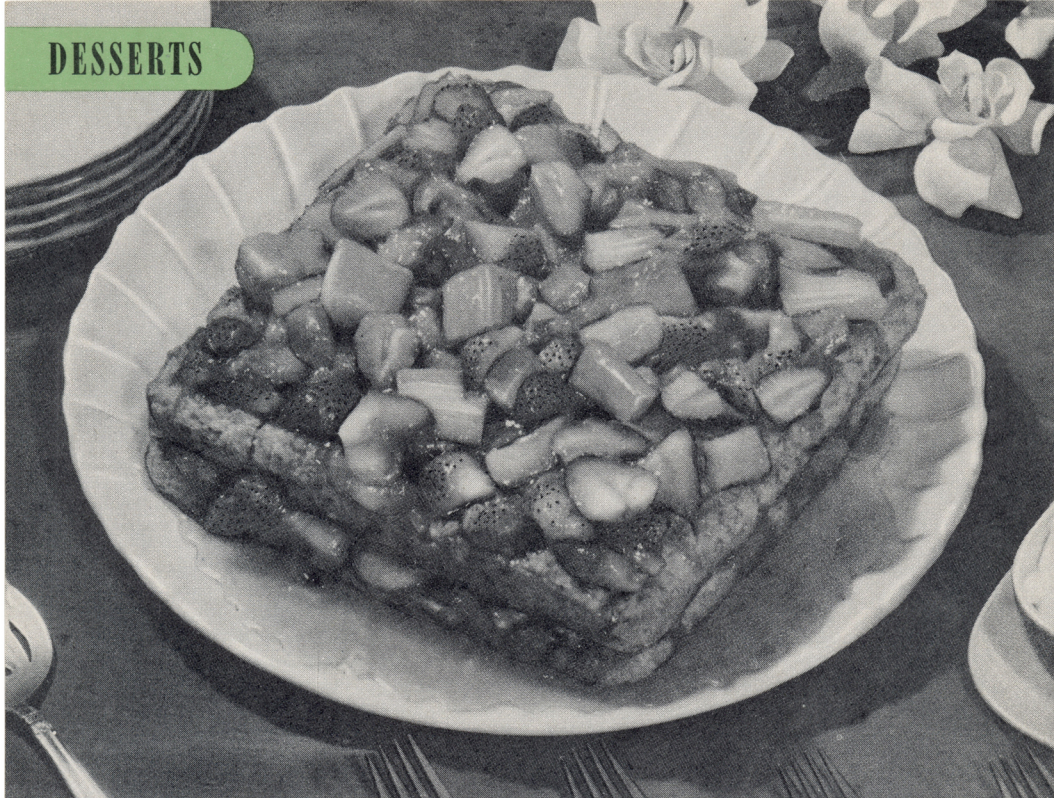
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| 6 Nabisco Shredded Wheat biscuits, crumbled | $\frac{1}{2}$ cup chopped onion |
| 10 slices NBC Enriched White Bread, cubed | $2\frac{1}{2}$ teaspoons salt |
| $\frac{1}{2}$ cup butter or margarine | $\frac{1}{4}$ teaspoon pepper |
| | Poultry seasoning to taste |
| | 3 tablespoons top milk |

Place Nabisco Shredded Wheat and NBC Bread cubes in mixing bowl. Heat butter or margarine in skillet; add onion. Sauté gently until onion is yellow. Add to Nabisco Shredded Wheat and NBC Bread. Add seasonings and milk; mix thoroughly. Stuff and roast fowl. Enough for 6 pound fowl. Double for 12-14 pound bird.

Variations

- GIBLET STUFFING**.....Substitute giblet stock for milk; add chopped, cooked giblets.
- PARSLEY STUFFING**.....Add $\frac{1}{2}$ cup chopped parsley.
- CELERY STUFFING**.....Cook 1 cup diced celery with onion.
- MUSHROOM STUFFING**...Cook 1 cup sliced mushrooms with onion.
- OYSTER STUFFING**.....Add 1 pint drained chopped oysters.
- HERB STUFFING**.....Add 1 teaspoon sage, marjoram or thyme.
- PRUNE STUFFING**.....Substitute prune juice for milk and add 1 cup unsweetened pitted and chopped, cooked prunes.
- ORANGE STUFFING**.....Substitute orange juice for milk; add 1 tablespoon grated rind and 1 cup peeled, diced oranges.
- APPLE STUFFING**.....Soak $\frac{2}{3}$ cup raisins in hot water; drain. Add raisins with $\frac{2}{3}$ cup diced apple.





NABISCO SHORTCAKE

2 cups sifted flour
 3½ teaspoons baking powder
 1 teaspoon salt
 3 tablespoons sugar
 3 Nabisco Shredded Wheat
 biscuits, finely rolled

⅓ cup shortening
 1 egg, beaten
 1 cup milk
 Softened butter or margarine
 Stewed or fresh fruit
 Plain or whipped cream

Sift together flour, baking powder, salt and sugar. Add Nabisco Shredded Wheat. Cut in shortening, until fine as meal. Combine egg and milk; add to Shredded Wheat mixture, stirring just enough to dampen ingredients. Spread ½ mixture in well-greased 8-inch pan. Brush with small amount softened butter or margarine. Spread remaining dough over top. Bake 20 minutes in very hot oven (450° F.). Cut in squares and split. Fill with stewed, canned or fresh fruit. Top with fruit. Serve with cream. Serves 8.

QUICK FRUIT DESSERT

Crush tops of toasted Nabisco Shredded Wheat and fill hollows with sweetened, chilled fruit. Serve with plain or whipped cream.

NABISCO POACHED PEACH DESSERT

2 tablespoons butter or
margarine
3 tablespoons sugar

1 (No. 2½) can peaches
6 Nabisco Shredded Wheat biscuits
Plain or whipped cream

Melt butter or margarine in saucepan; add sugar and stir over low heat until golden brown. Add syrup from peaches and bring to boil. Add peaches and heat thoroughly. Crush tops of Nabisco Shredded Wheat. Pour peach syrup over Shredded Wheat. Arrange peach halves on top. Serve with cream. Serves 6.

NABISCO STRAWBERRY CUPS

6 Nabisco Shredded Wheat
biscuits
½ cup maple syrup

1 quart strawberries,
sliced and sweetened
1 cup light cream or top milk

Cut out centers of Nabisco Shredded Wheat biscuits, making baskets. Pour syrup over baskets and toast in hot oven (400° F.) 5 minutes. Cool. Fill hollows with berries and serve with light cream or top milk. Serves 6.



NABISCO APPLESAUCE CUSTARD PUDDING

$\frac{1}{4}$ cup butter or margarine	2 tablespoons sugar
3 Nabisco Shredded Wheat biscuits, finely crumbled	2 eggs
2 cups applesauce	1 cup milk
	$\frac{1}{4}$ teaspoon salt

Dot 2 tablespoons butter or margarine in bottom of baking dish. Cover with layer of Nabisco Shredded Wheat and layer of applesauce. Sprinkle with sugar. Repeat layers until baking dish is half filled. Beat eggs slightly; add milk, salt. Pour over casserole. Bake in moderate oven (350° F.) 30 minutes. Serve hot. Serves 4 to 6.

Toasted Coconut Meringue Pudding: Make a stiff meringue using 2 egg whites and 6 tablespoons sugar. Spread on baked Nabisco Applesauce Custard Pudding and sprinkle with coconut. Bake in moderately slow oven (325° F.) 20 minutes. Serve hot or cold.

NABISCO CHOCOLATE DATE PUDDING

3 Nabisco Shredded Wheat biscuits, finely crumbled	4 tablespoons butter or margarine
$\frac{1}{2}$ teaspoon baking powder	1 square (1 oz.) unsweetened chocolate
$\frac{1}{8}$ teaspoon salt	$\frac{1}{3}$ cup raisins
3 tablespoons granulated sugar	$\frac{1}{3}$ cup chopped dates
3 tablespoons brown sugar	2 eggs, beaten
$\frac{3}{4}$ cup milk	

Mix Nabisco Shredded Wheat, baking powder, salt and sugars. Add milk. Melt butter or margarine and chocolate over hot water. Add with raisins, dates and eggs to first mixture. Pour into greased custard cups and bake in moderately slow oven (325° F.) 45 minutes. Serve warm with sauce or cream. Serves 4 to 6.

Nabisco Mocha Pudding: For a delicious flavor variation of Nabisco Chocolate Pudding, substitute $\frac{3}{4}$ cup left-over black coffee beverage for the $\frac{3}{4}$ cup milk. Mix and bake as directed above.

NABISCO TOASTED WHEAT BITS

4 Nabisco Shredded Wheat biscuits, finely crumbled	2 tablespoons melted butter
	$\frac{1}{2}$ teaspoon salt

Mix together crumbled Nabisco Shredded Wheat, butter and salt. Then spread on a shallow pan and toast in a hot oven (400° F.) 15 minutes or until golden brown. Cool and use as topping on fruit salads, ice cream sundaes, puddings, or as topping for casseroles. Makes 1 cup.

NABISCO STRAWBERRY PUDDING

- | | |
|-----------------------------------|---------------------------|
| 2 cups milk | 1 package vanilla pudding |
| 1 egg, separated | 1 quart strawberries |
| 6 Nabisco Shredded Wheat biscuits | |

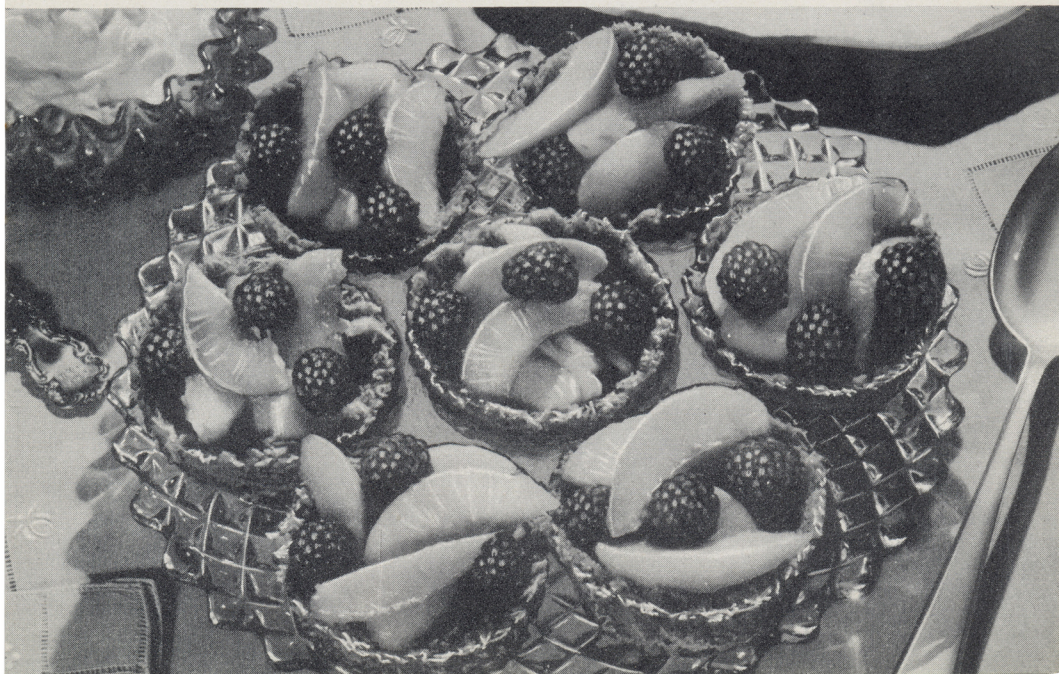
Add milk and egg yolk to vanilla pudding and cook according to directions on package. Cool. Beat egg white stiff; fold in. Chill. Wash and hull strawberries; slice. Fold into chilled pudding mixture. Crush tops of Nabisco Shredded Wheat making well in centers. Fill with strawberry mixture. Serves 6.

NABISCO CARAMEL BASKETS

- | | |
|---|---------------------------|
| 1½ cups brown sugar | ½ cup milk |
| 2 teaspoons corn syrup | ¼ cup butter or margarine |
| 6 Nabisco Shredded Wheat Biscuits, crumbled | |

Combine sugar, syrup, milk and butter or margarine. Cook, stirring occasionally, to soft ball stage (238° F. - 240° F.). Pour hot syrup over Nabisco Shredded Wheat in buttered mixing bowl. Mix well. Pack in well-buttered muffin pans shaping to form cups. Chill until firm. To serve, unmold and fill center with peaches or berries. Serve with whipped or plain cream. Makes 12 baskets.

Note: For other dessert variations, fill with chilled custard and top with fresh berries or fill with fresh fruit ice cream.





NABISCO APPLE CRISP

5 cups sliced apples
 ¼ cup honey
 2 teaspoons lemon juice
 3 Nabisco Shredded Wheat
 biscuits, finely rolled
 3 tablespoons flour

4 tablespoons sugar
 ½ teaspoon cinnamon
 2 tablespoons butter or
 margarine
 Dash of salt
 Light cream

Place apples in greased casserole; pour over them honey and lemon juice. Mix together Nabisco Shredded Wheat, flour, sugar, cinnamon, butter and salt. Sprinkle over apples. Bake in hot oven (400° F.) 40 minutes. Serve warm with cream. Serves 4 to 6.

NABISCO SHREDDED WHEAT PIE SHELL

6 Nabisco Shredded Wheat
 biscuits, finely rolled
 ¼ cup sugar

¼ teaspoon salt
 ¼ cup softened butter or margarine
 1½ teaspoons water

Mix thoroughly Nabisco Shredded Wheat crumbs, sugar, salt, butter or margarine. Add water; mix well. Press mixture firmly against sides and bottom of lightly greased 9-inch pie pan. Bake in hot oven (400° F.) 10 minutes. Cool; fill with a favorite filling.

NABISCO SHREDDED WHEAT COOKIES

- | | |
|---|--|
| $\frac{1}{2}$ cup each shortening,
sugar and honey | 1 teaspoon cinnamon |
| 1 egg | $\frac{1}{4}$ cup milk |
| $1\frac{1}{2}$ cups sifted flour | $\frac{1}{2}$ cup raisins |
| $\frac{1}{2}$ teaspoon baking soda | $\frac{1}{2}$ cup nutmeats, chopped |
| 1 teaspoon salt | 4 Nabisco Shredded Wheat
biscuits, crumbled |

Cream shortening and sugar; add honey. Add egg, beating well. Sift flour, soda, salt, cinnamon. Add alternately with milk to first mixture. Stir in remaining ingredients. Let stand 5 minutes. Drop by teaspoonfuls on greased cookie sheet. Bake in moderately hot oven (375° F.) about 12 minutes. Makes about 5 dozen cookies.

NABISCO ORANGE WAFERS

- | | |
|---|--|
| $\frac{1}{3}$ cup shortening | $1\frac{1}{2}$ cups sifted flour |
| $\frac{1}{2}$ cup sugar | $\frac{1}{2}$ teaspoon baking soda |
| 1 egg | $\frac{1}{2}$ teaspoon salt |
| $\frac{1}{3}$ cup sour cream | $\frac{1}{2}$ teaspoon baking powder |
| 1 teaspoon vanilla | 2 Nabisco Shredded Wheat
biscuits, finely crushed |
| $1\frac{1}{2}$ teaspoons grated orange rind | |
| $\frac{1}{2}$ cup dried currants (if desired) | |

Cream shortening and sugar; beat in egg, sour cream, vanilla and rind. Sift flour, soda, salt, baking powder; add with remaining ingredients to creamed mixture. Drop by scant tablespoonfuls on greased cookie sheet; flatten slightly. Bake in moderately hot oven (375° F.) about 12 minutes. Makes about 3 dozen cookies.





NABISCO PEANUT BUTTER JUMBLES

$\frac{1}{2}$ cup shortening
 $\frac{2}{3}$ cup sugar
 2 eggs
 $\frac{1}{3}$ cup peanut butter
 $\frac{1}{2}$ teaspoon salt

1 cup sifted flour
 $\frac{1}{2}$ teaspoon baking powder
 3 Nabisco Shredded Wheat
 biscuits, finely rolled

Cream shortening and sugar; stir in eggs and peanut butter. Add remaining ingredients; mix thoroughly. Drop by teaspoonfuls onto cookie sheet; flatten slightly. Bake in moderately hot oven (375° F.) about 10 minutes. Makes about 4 dozen cookies.

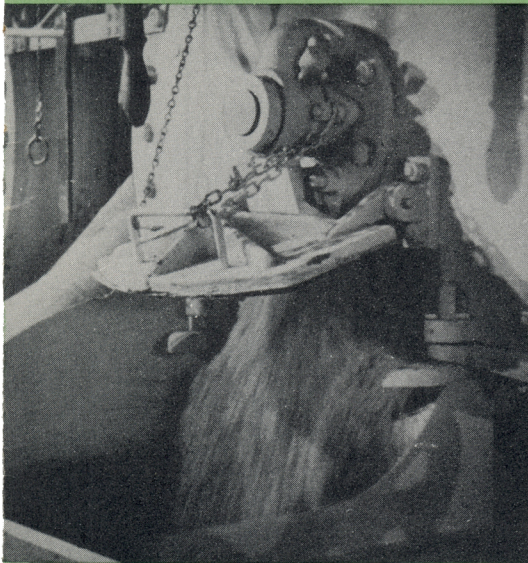
NABISCO CHOCOLATE DROPS

$\frac{1}{2}$ cup shortening
 $\frac{2}{3}$ cup sugar
 1 square (1 oz.) unsweetened
 chocolate, melted
 2 eggs, slightly beaten

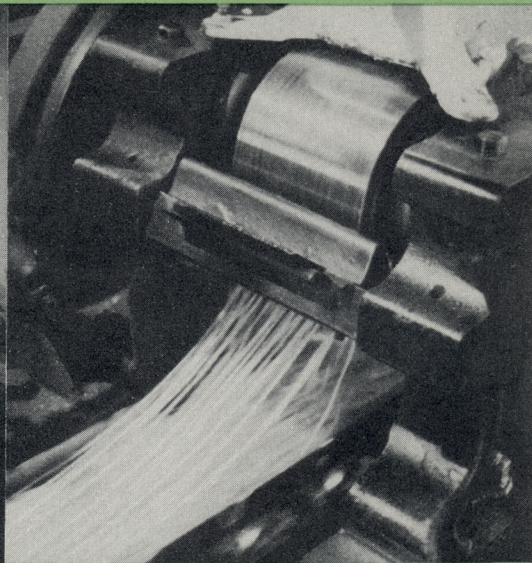
$\frac{1}{2}$ cup chopped nutmeats
 3 Nabisco Shredded Wheat
 biscuits, finely rolled
 1 cup sifted flour
 $\frac{1}{2}$ teaspoon baking powder
 $\frac{1}{2}$ teaspoon salt

Cream shortening and sugar; add chocolate, eggs and nutmeats. Stir in remaining ingredients. Drop from teaspoon on ungreased cookie sheet; flatten slightly. Bake in moderately hot oven (375° F.) about 10 minutes. Makes about 4 dozen cookies.

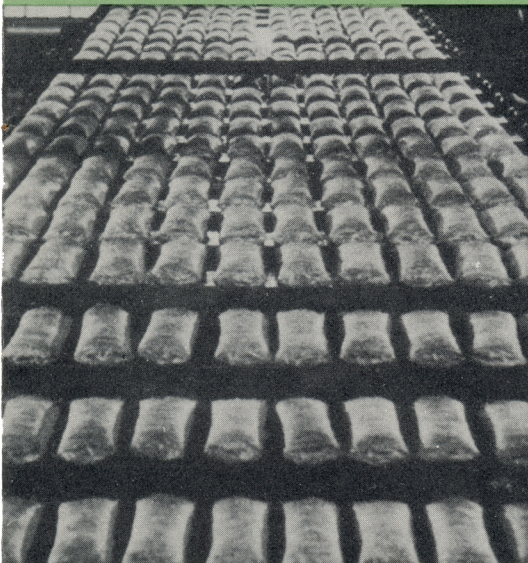
how Nabisco Shredded Wheat is made



The big plump grains are steam-softened to open inner flavor cells and make the kernels more digestible.



The softened grains are then pressed into long delicate strands and fashioned into individual biscuits.



These biscuits are baked to a crisp, golden brown in giant ovens. They move through these ovens on conveyors.



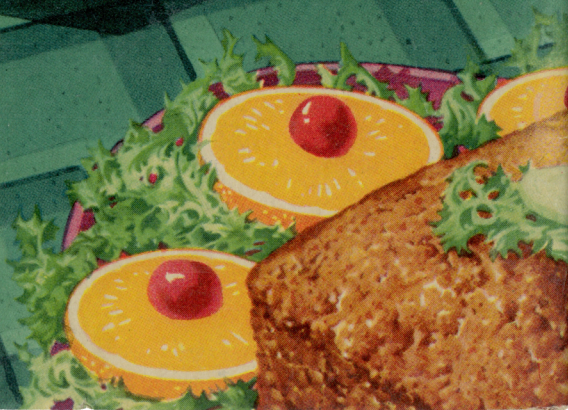
Finally the biscuits are carefully packaged and shipped to food stores for delivery to the homes of America.



One of the many fine foods
baked by Nabisco

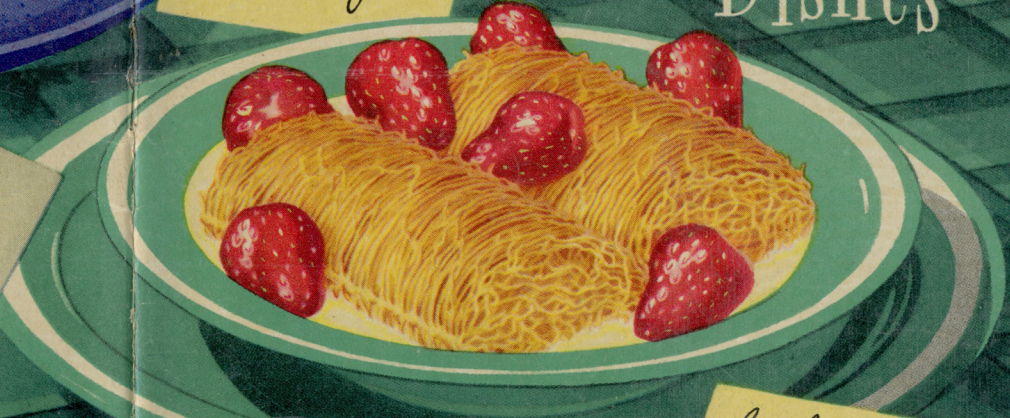


NAtional
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Delicious, Nourishing Dishes

for breakfast



for luncheon



for dinner



One of the many fine foods
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**National
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